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NEWS WORTH SHARING.

We're taking a day off

Metro won't publish on Monday, but we'll be back on Tuesday. Enjoy the long weekend!

Vote curbs cetacean breeding

Vancouver Aquarium can now only breed animals to combat extinction PAGE 3

It's tomato soup, served ice cold!

Get excited about gazpacho by adding a layer of cucumber jelly PAGE 16

Sit back and enjoy the ride

The Reel Guys declare: Guardians of the Galaxy is a real marvel PAGE 13

Family wants ashes returned

Scott Peters poses with a photo of his late father, Walter, whose ashes were stolen during a break-and-enter in an east Burnaby home July 22. JENNIFER GAUTHIER/FOR METRO

Burnaby. Son makes public plea to whoever broke into his parents' home and snatched his father's remains

MATT KIELTYKA
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A family has made an emotional plea for the return of a Korean War veteran's ashes that were stolen from a Burnaby home last week.

Scott Peters says his parents' house on 12th Avenue in east Burnaby was broken into and burgled sometime before 10:20 p.m. on July 22 when no one was home.

Jewelry and other valuables were taken during the break-in, but Peters says his family only cares about one cherished possession.

A plastic red box was stolen from the top of a dresser in one of the bedrooms.

Inside is a plastic bag with the ashes of Walter Peters, a "good, kind man" and veteran who died in 2012 at the age of 88.

The plastic bag is clearly labelled "Walter Peters."

The family has been devastated by the loss of the remains and is making a public appeal for their safe return.

"My mom is still kind of in shock. They probably didn't even know what was in the box," said Peters.

"Keep the jewelry. If we could somehow get his ashes back, that's all we care about. No questions asked. We'd be appreciative to have them back."

Peters says he believes anyone would be shocked to discover they had inadvertently stolen the remains of a human being, and he urged the burglar to do the right thing.

"I understand break and enters happen and the situations people are in," he said. "(The ashes) have no value to anyone but us."

A spokesperson for Burnaby RCMP confirmed that they are investigating the incident.

Staff at the detachment have been made aware of the situation should the ashes be returned there.

Police recommend that anyone with information about the whereabouts of the ashes contact the detachment at 604-294-7922, or call Crime Stoppers anonymously at 1-800-222-8477.

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Looking ahead

B.C. to give parents $40 a day for each child if teachers' strike continues

The B.C. government is making plans to give parents $40 a day for every child under 13 if a teachers' strike continues into the start of the school year.

Finance Minister Mike de Jong says parents will be able to register online for the subsidy, which could be used to get tutoring for their children, to explore other educational opportunities or to for pay for day care.

He says the money would be funded from the government's savings of $12 million each day that teachers are on strike and for as long as the labour dispute continues.

THE CANADIAN PRESS

Different manufacturer

BC Hydro calls smart meters safe following SaskPower fires

BC Hydro insists its smart meters are safe as Saskatchewan announces it is going back to traditional meters over public-safety concerns following several fires.

Greg Alexis with BC Hydro says there is no evidence its meters have caused any fires in B.C. and it uses a different a manufacturer than SaskPower.

Alexis says a safety check of the meter's socket is completed during every installation of a new smart meter and any problems are repaired. Smart meters have been installed in 99 per cent of B.C. homes and businesses. THE CANADIAN PRESS

Aquarium banned from breeding whales

Following debate.
Park board voted unanimously to introduce a bylaw to ban the breeding of captive cetaceans

EMILY JACKSON
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A family watches the belugas at the Vancouver Aquarium. On Thursday, the park board voted to ban the breeding of captive cetaceans at the aquarium. THANDI FLETCHER/METRO

Captive whales and dolphins will no longer be bred at the Vancouver Aquarium unless they are in danger of extinction.

The Vancouver Park Board voted unanimously Thursday to introduce a bylaw to ban the breeding of captive cetaceans unless a committee decides breeding is necessary for a threatened species to survive.

The park board also voted to undertake a study to determine whether cetacean well-being is possible within the confines of the aquarium and to establish an oversight committee that will prepare a bi-annual report on the well-being of the cetaceans in captivity.

The board will also look for alternatives to cetacean exhibits at the aquarium.

The vote is a culmination of a debate about captivity that heated up in April when two park board commissioners said keeping whales and dolphins in captivity was cruelty that amounted to torture.

The Vancouver Aquarium countered that it has not captured a wild whale since 1996.

It has conducted groundbreaking research and is renowned worldwide for its studies on cetaceans and its rehabilitation programs.

British Columbians have mixed views about whales and dolphins in captivity, according to an Insights West poll of 769 residents in May.

Nearly two thirds believe animals in captivity help research and that aquariums are still needed, but about 40 per cent believe animals in captivity suffer, whale programs should be phased out and that the captive breeding of whales should stop.

But a clear line has been drawn on the issue between Vancouver's two dominant civic parties in advance of the Nov. 15 municipal election.

Vision Vancouver Mayor Gregor Robertson, who is seeking a third term, believes the aquarium should phase out holding whales and dolphins in captivity.

Kirk LaPointe, the mayoral candidate for top rival party the Non-Partisan Association, strongly disagrees.

"I fully support the Vancouver Aquarium's existing policies of conservation and research around cetaceans," LaPointe wrote in a statement Thursday. "I also deplore the mayor's position that cetaceans should be phased out of this renowned cultural and scientific institution."

LaPointe's statement accused Robertson of triggering an expensive process and interfering with the aquarium's ongoing research and expansion plans.

Four former Vancouver mayors agree with LaPointe, according to a letter they signed in support of the aquarium.

The Vancouver Board of Trade also supports the aquarium, estimating it's responsible for $43 million in direct and indirect annual economic output.

Seniors' centre

City to take back $1.2M in funding

Killarney community members are concerned after the city said it will take back $1.2 million in funding.

The city promised the extra cash — to go toward building a seniors' centre — in February in absence of funding from the province, but the need for that money was eliminated when the province made a $1.2 million contribution in March, according to a memo. METRO

Charles Kembo

Refugee loses murder appeal

Charles Kembo, a government-sponsored refugee who was found guilty on four counts of first-degree murder has lost his appeal in British Columbia's highest court.

The unanimous decision by the panel of B.C. Appeal Court judges says the trial judge did not make any mistakes. THE CANADIAN PRESS

Investigation continues

Police identify deceased woman

Abbotsford police have identified the woman found dead in Mill Lake Park early Wednesday as a 36-year-old Mission resident.

Out of respect for her family, police are not releasing her name at this time.

Police are continuing to investigate. Anyone with information should call Abbotsford Police at 604-859-5225. METRO

Hot and dry conditions

Province warns of wildfire risk

The provincial government is reminding people celebrating B.C. Day to be mindful of wildfire risk.

According to the Ministry of Forests, forecast hot and dry weather during the August long weekend has increased the risk of fire in many parts of the province.

On average, nearly half of all wildfires are caused by human activity. METRO

Saturday

Final Celebration of Light features Team Japan

Locals have one more chance to head to English Bay for a front row seat to the annual Honda Celebration of Light.

Fireworks will once more dazzle Vancouverites on Saturday night with Team Japan putting on a 25-minute display to music on the third and final night of the annual fireworks competition.

Hundreds of thousands of people took in the shows by Team U.S.A. last weekend and Team France on Wednesday night.

The city asks people take transit, walk or cycle to the West End.

Police also remind people to leave their booze at home. Crowds have been "generally well-behaved" thus far, but there have been hundreds of liquor pour outs along with a few dozen arrests for intoxication in public or breach of peace, police said.

EMILY JACKSON/METRO

Man dies in Granville Street Bridge crash

Early morning incident. Surviving driver in fatal collision under investigation; police suspect alcohol may have been involved

THANDI FLETCHER
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The southbound lanes of the Granville Street Bridge were closed following a fatal crash on Thursday. JENNIFER GAUTHIER/FOR METRO

A man is dead and another is under police investigation after an early morning crash on the Granville Street Bridge.

Shortly before 4 a.m. Thursday, a man driving a Honda was rear-ended by another man driving a white Mercedes, according to Vancouver police.

The driver of the Honda was pronounced dead at the scene, police said.

Police are investigating the driver of the Mercedes as they believe alcohol was a contributing factor in the crash.

Police said evidence at the scene indicated that someone may have witnessed the crash but did not stay to provide a statement.

The southbound lanes of the bridge were closed after the crash. Anyone who witnessed the crash is asked to contact the Vancouver police collision investigation unit at 604-717-3012.

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'Indefensible'

U.S. criticizes Israel's actions

The White House says there is little doubt Israeli artillery hit a UN school in Gaza, describing the shelling as "totally unacceptable" and "indefensible."

White House spokesman Josh Earnest cited statements from the UN that blamed Israel for the shelling, as well as the Israeli government's acknowledgement that it was firing in the area of the school.

Earnest says that while the U.S. supports a full investigation into the matter, "it does not appear there's a lot of doubt about whose artillery was involved."

While the U.S. says it supports Israel's right to defend itself against Hamas, officials have called on Israel to do more to stem civilian casualties.

THE ASSOCIATED PRESS

Near Israeli Embassy

Rally for Israel in France draws thousands of supporters

Hundreds of riot police in Paris deployed near the Israeli Embassy Thursday for the first major pro-Israel rally since the start of the latest Gaza war.

Several thousand people turned out for the rally, waving signs with slogans like "Gaza hostage of Hamas" and "We protest for peace."

France has both the largest Jewish and Muslim populations in Western Europe, and the Gaza war has raised tensions to their highest in years.

Roger Cukierman, head of the group organizing Thursday's rally, said that Israel has the "right and duty to defend its citizens."

THE ASSOCIATED PRESS

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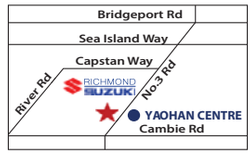

Israel, Hamas agree to truce for 72 hours, UN, U.S. say

A Palestinian carries his daughter as they flee after an Israeli airstrike on an apartment building in Rafah on Thursday. HATEM ALI/THE ASSOCIATED PRESS

Ceasefire. Israeli and Palestinian delegations are expected to travel to Cairo, Egypt, to begin talks on ending the conflict

Israel and Hamas have agreed to a 72-hour humanitarian ceasefire beginning Friday, during which time there will be negotiations on a more durable truce, the United States and United Nations announced Thursday.

At least four short humanitarian ceasefires have been announced since the conflict began, but each has been broken by renewed fighting.

A joint statement released simultaneously in New Delhi, where U.S. Secretary of State John Kerry is travelling, and at UN headquarters in New York said the U.S. and UN had gotten assurances that all parties to the conflict had agreed to an unconditional ceasefire.

An official at Israeli Prime Minister Benjamin Netanyahu's office confirmed that Israel had agreed to a 72-hour truce beginning at 8 a.m. local time Friday. Hamas spokesman Sami Abu Zuhri said the Islamic militant group was also in agreement.

During the ceasefire, Kerry said Israel will be able to continue its defence operations to destroy tunnels that are behind its territorial lines.

Palestinians will be able to receive food, medicine and humanitarian assistance, bury their dead, treat the wounded and travel to their homes.

Israeli and Palestinian delegations are expected to travel to Cairo for talks with the Egyptian government aimed at reaching an end to the conflict.

In Geneva, the UN High Commissioner for Human Rights Navi Pillay accused both Israel and Hamas militants of violating the rules of war. THE ASSOCIATED PRESS

Death toll rises

At least 1,441 Palestinians have been killed, three-quarters of them civilians, since hostilities began on July 8, according to Gaza health ministry officials. Israel says 56 soldiers, two Israeli civilians and a Thai agricultural worker have died.

- Israel expanded what started as an aerial campaign against Hamas and widened it into a ground offensive on July 17.

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With Toronto having hosted World Pride celebrations this summer, Metro Canada is showing its support for the LGBTQ community with its first Canadian guest editorship. Multiple Juno winners Tegan and Sara are using their guest editorship to acknowledge some of the young people across Canada who are working to make a difference in the LGBTQ community

Proud by design

TEGAN QUIN
For Metro

Year after year, album after album, our music has offered our fans a soundtrack for their experiences in life and love. The process of sharing our music with our fans and having them share their experiences with us is a cathartic cycle. As we have become more successful, that cathartic cycle has become about much more than love and loss in the romantic realm. Fans aren't just sharing stories about heartbreak related to romance, they are sharing stories about heartbreak related to being LGBTQ: Awful tales of being kicked out of their houses for being gay; sad stories about their parents forbidding them to see their same-sex partners; gut-wrenching accounts about being bullied at school because they are queer.

As sad as these stories have been, increasingly they've started to have a current of hopefulness pulsing through them. One after another, our LGBTQ fans have told us our music is helping them through. Parents have started coming to our shows with their LGBTQ teenagers to thank us for being role models. They have questions and worries just like our Mom did when we came out: Will the world accept my child? Can my child still be successful and gay? The answer is yes. Emphatically, yes. We hope our success brings peace to these parents and reassurance to the young LGBTQ people we talk to each day. Most of all we hope to continue to be a beacon of change to the mainstream.

When we started our career 16 years ago, we did not have the foresight to know how significant being out would be to our career and lives. However, we always had an instinct that being open and honest about our sexuality — with media and fans alike — was the only way to live in our public life. It felt counterintuitive to hide who we were when our music was so sincere and transparent. Sara and I were aware that our career and audience would be better served by brutal honesty and openness rather than omissions about our experiences as gay people. How could we possibly sell our music if we weren't open about the content of the music?

Looking back, I'm proud that we had the fortitude to withstand some of the sexism and homophobia we faced. Though, truthfully, when I reflect on those early days, I don't often see us struggling or hurting over these obstacles. I just see two really strong kids, irritatingly confident, forging ahead in face of anything that was thrown our way — just like I see so many of our young fans in the LGBTQ community doing themselves today.

Online only

Tegan and Sara share a few words about other LGBTQ Canadian musicians online at metronews.ca

Tegan and Sara, always open about their sexuality, "hope to continue to be a beacon of change to the mainstream." LINDSEY BYRNES

With this issue of Metro, we aim to introduce you to a legion of queer heroes we admire. Young people who are making big changes, not only in the LGBTQ world, but also the mainstream. We want to focus on the success stories from our community and the incredible work being done by amazing queer people in Canada!

Revelling in a riotous rainbow of messages

A picture's worth a thousand words. Emy Storey's Revel & Riot T-shirts speak for themselves

AUSTEN GILLILAND
For Metro

It was only natural that Emy Storey would eventually turn her hand to a project beyond designing band T-shirts and album cover art.

"I had wanted for a long time to fuse the personal and political and pursue a project that was involved with gay rights," says the Montreal-based graphic designer about the impulse that led her to start Revel & Riot.

"In terms of graphics representing the movement, there really hadn't been a lot. You'd go into a gay bookstore and you'd try to buy a T-shirt and it always looked the same," she says, referring to the rainbow and pink triangle designs — images that haven't changed much since the 1970s.

So Storey applied her graphic design talents to the problem, creating new takes on the classic imagery and printing them on T-shirts.

"Especially with something like personal identity, expressing your support for LGBTQ people or trying to express that fact about yourself, a T-shirt seems like a really great medium, because you wear it on your chest," she says. "You really can't get any more personal than that."

The images are intriguing, thought-provoking, and resonate deeply with the cause.

Take, for example, Storey's rainbow mountain design. "I wanted to pay respect to the rainbow — it's beautiful, it's something that brings gay people a lot of comfort and pride and recognizability, but I wanted to do something new with it," she says.

Thinking of the ongoing struggle of the LGBTQ community's fight for equality, she says, "I had this idea of a mountain, and how in fact despite all the progress (we've made), there's so much more mountain to climb." It's one of Revel & Riot's most popular T-shirts.

Other designs, including Life Goes By Too Quickly, a re-imagining of the LGBTQ acronym, and We Are the Gay Kids, a representation of the diversity of the LGBTQ community, are available on the website; products include buttons, tote bags and paintings, with prices ranging from $5 to $500.

Proceeds from sales fund the organization's work promoting LGBTQ rights, awareness and equality. Revel & Riot also provides a wide range of LGBTQ resources online, including a database of community organizations, articles and videos. But it always comes back to the art.

"It's interesting what graphics can do," Storey says.

"It's profoundly important to have writing and resources and material available to support the message ...

"But good graphics can bring people to the cause in the first place. It catches someone's eye, they share the image — it's a very effective way to get a message across quickly."

Emy Storey became the official Tegan and Sara art director in 2003. Emy designs album concepts, album artwork, websites, marketing materials, stage backdrops and — perhaps most importantly — she is the integral force behind our band merchandising. Emy has helped create a vast collection of designs that allowed us to launch each new campaign with pride. She turned an important part of our business into a fundamental part of our band's culture. In recent years, Emy founded Revel & Riot — a company to support LGBTQ rights through art, resources and T-shirts — and she continues to inspire us with her unique design and passionate politics. Tegan and Sara has become a band that's known almost as much for its esthetic as for its music, and this we owe almost solely to Emy Storey. Our favourite design — and it's hard to say after 11 years of working together! — was our most recent collaboration with Revel & Riot for last summer's tour with Fun. The Animals T-shirt captured the spirit of Revel & Riot and Tegan and Sara perfectly, and it flew off the shelves. SARA QUIN

Good graphics! Designer Emy Storey promotes equality with her message T-shirts. EMILIE DESRUE

The filmmaker's progress

What I Love About Being Queer. From short film to Tumblr account to book: The evolution of Vivek Shraya's multimedia project

AUSTEN GILLILAND
For Metro

"I try to focus on the ways the world has gotten better for queer people, especially in my lifetime," says Vivek Shraya, "but hearing people who are 10 years younger than I am going through the same thought processes I was going through when I was coming out — 'My parents won't accept me. I think I'm disgusting. Is this a phase? Will it go away?' — that self-hate, I find really disturbing."

Shraya is a human rights adviser by day, a musician, filmmaker and author by night. It was his interactions with the LGBTQ students he met through his work for Diversity, Equity and Human Rights Services at Toronto's George Brown College that inspired one of his biggest projects to date: What I Love About Being Queer.

"I wanted to create a project that showcased the positive aspects of being queer," he says. "To say to these students, 'Hey, you know, this complicated part of yourself that you don't know how to reconcile right now is also something that makes you beautiful. It's something that should be celebrated.'"

To answer their questions, he asked one of his own. "I thought, Why not ask people what they love about being queer?" Shraya says. It was a question he wasn't sure he could answer himself. "I think a lot of us have grown up in a world where we learned the opposite first; where we learned all the negative things about being queer." Growing up as a gay South Asian in Edmonton in the '90s, he was well acquainted with the negatives — homophobia and a sense of isolation, just to start — but this was a chance to refocus.

He set up his film equipment in his living room and asked friends to contribute, then reached out to "people who had inspired me: Educators, activists, artists. I wanted a lot of people of colour; that was important to me." In the end, the film featured 34 people — but Shraya didn't want to stop there.

Vivek Shraya's project funds an LGBTQ student leadership award. CONTRIBUTED

WHAT I LOVE ABOUT BEING QUEER IS THE OPEN-MINDED & WELCOMING COMMUNITY, AS WELL AS THE LITTLE KNOWN HISTORIES WE SHARE. THERE'S STILL SO MUCH TO BUILD FROM! ♡
JO (EAST VAN)

What I love about being QUEER is that I feel that my ABSTRACT identity in all its complexity has a NAME, and a PLACE, and a home and can be redefined as many times as I want.
KIM POSSIBLE
VANCOUVER, BC

"I was increasingly aware that there was no way for me to actually fully capture the amazing diversity of the queer community," he says. That's where Tumblr came in. "That made it an open project. Anyone, anywhere, could submit their answer." Within six months, he had more than 200 submissions from around the world.

The idea for the book came from his friend Farzana Doctor, a Lambda-winning author and project contributor, who suggested that publishing a coffee-table book would be a great way of extending the reach of the project.

At first, Shraya wasn't convinced. "It's really powerful to see so many different queer bodies expressing what they love about being queer on film," he says. He worried that immediacy and intimacy would be lost on paper.

But then he thought about what the book would have meant to him as a young man. "If someone had handed me a book like that when I was 16, when I was struggling with who I was ... I couldn't have imagined something like this, then," he says.

Shraya approached his manager at George Brown, Dale Hall, with a proposal: If the department could help fund the project, he would donate the proceeds to a leadership award for LGBTQ students. "I gave a 10-minute presentation," he says, "and I said, 'Do you have any questions?' She said, 'Nope,' and that was it. She's been a real champion of this project."

With Hall's support, the book came together quickly. It features selections from the film and Tumblr, plus contributions made by audience members at screenings. Familiar faces, including Sook-Yin Lee and Tegan Quin, are surrounded by photos and quotes from queer people from all ages, races, orientations and corners of the globe.

Sales have been global, too. Shraya has shipped copies across North America, and to Germany, Peru, Brazil and India. They've already raised more than $11,000 for the Positive Space Award, and the book was recently nominated for a Lambda Literary Award.

In a world where so many cultural representations of the gay community have a tragic aspect, Shraya is happy to focus on the positive.

"Those [tragic] stories are important to showcase, but I also think it's important to show that we have rich lives," he says.

What goes into designing a T-shirt? Revel & Riot's Emy Storey gives us insight into some of her creations online at metronews.ca.

AUGMENTED REALITY

→ Think you know what LGBTQ looks like? Think again. Scan this photo with your Metro News app for a video featuring some of the contributors to What I Love About Being Queer!

metro AR → See the full instructions on Metro's Voices page.

Queer body of work

Find What I Love About Being Queer at George Brown College bookstores, Glad Day Bookshop (gladdaybookshop.com), or Vivek Shraya's website (vivekshraya.com).

Along with his What I Love About Being Queer project, Vivek Shraya also wrote God Loves Hair, a collection of 21 short stories about a child navigating the complex realms of sexuality, gender, racial politics, religion, and belonging. Visit metronews.ca for excerpts and a video of Shraya reading from the collection.

When I met Vivek over 10 years ago, I was struck by how positive he was. Especially considering that we "met" via Vivek throwing a CD at me on stage, and narrowly missing my head! Backstage I was blown away by his candour. He has the most infectious laugh I've ever encountered in my life. Until recently I just thought of him as a dear friend and a very talented musician. But Vivek surprised me — and probably a lot of other people — by creating a massive body of work in the last few years that stepped far beyond music. Starting with an incredible and inspiring book called God Loves Hair, he embarked on a creative journey that has left songs, books, and movies in its wake. One of his most inspiring pieces is a book called What I Love About Being Queer. A collection of queer people describing what they love about being queer (duh?!). In my humble opinion, it's a coffee-table book that should be mandatory in every Canadian's household. I was thrilled to be part of it, and when my copy showed up at my house it moved me to tears. A truly lovely artist making a BIG difference in the world today. TEGAN QUIN

Student helps draft new transgender school policy

Identity. Trans student wants to take stand for students who don't have support they had when they came out

EMILY JACKSON
emily.jackson@metronews.ca

Roan Reimer, 17, is a student at Vancouver Technical Secondary School.
JENNIFER GAUTHIER/METRO

Roan Reimer remembers sneaking in and out of school washrooms at times when no one was around to see.

The 17-year-old student at Vancouver Technical Secondary School identifies as transgender and queer, and gets weird looks when using the boy's washroom.

It's uncomfortable moments like this that Reimer hopes to address — and hopefully eliminate — by helping the Vancouver school board update its decade-old transgender policy.

The new policy, which passed in June, welcomes students to use whichever washroom or change room they identify with, encourages schools to eliminate gender-segregated activities such as sex education and gym class, and allow students to select which pronouns identify them. ("He" or "she" may no longer apply to some students, while others including Reimer prefer the gender-neutral pronoun "they.")

"It's important that kids feel safe," Reimer said in an interview. "It's very, very difficult to concentrate on your studies or even find the motivation to go to school when you're being harassed on a daily basis."

Reimer got involved with changing the policy as a district student representative on the pride advisory committee and the queer straight alliance.

"It's really great to have a transgender student because they have an idea of the issues we face," they said.

Reimer, who comes from a politically active family, has always had support at home but wants to take a stand for those whose parents refuse to accept their gender identity.

"I feel like it's my responsibility to step up," Reimer said. "There are kids sitting in their rooms, trying desperately to chase away feelings of self-loathing or gender dysphoria or suicidal thoughts."

But the new policy did not pass without controversy. Some parents believed they weren't consulted on the policy. One political party, the NPA, expelled two of its trustees after they suggested the new policy could hurt property values and impede enrolment of international students.

In senior year, Reimer will continue to push for the policy and to make sure schools actually follow through with it. After graduation, Reimer plans to keep working for a better world, attend a local art school or take courses in civic design or engineering.

Above all, Reimer hopes in 50 years, society will have come far enough that people look back at how transgender people are treated today the same way we look back on racism.

> I can't claim to know how it would feel to be transgendered. Although I was a tomboy growing up and was mistaken for a boy more often than not, I still felt confident I was a girl inside. Even when I came out as gay, I felt my friends and family quickly accept and support me. My friends who came out as transgendered around me did not have such an easy time gaining acceptance and support. We don't see examples of transgendered people in the mainstream the way we do with gay and lesbians even now and maybe this is part of why the fight for transgendered rights has been so much harder and slower. But it's no excuse. Educating people, creating alliances and stepping up to fight for transgendered rights is exactly what people like Roan Reimer are doing. And we want to be right there on the front lines doing the same. It's time for change. TEGAN QUIN

In the pink

Jer's Vision gives youth safer space

Founded nine years ago, Jer's Vision has been engaging and empowering youth across Canada in addressing homophobia, transphobia and bullying.

The youth-run organization offers workshops, mentors students and youth communities to improve and create safer space, and holds LGBTQ & Ally youth conferences across the country to support youth in running diversity clubs.

Jer's Vision is also behind the International Day of Pink (held the second Wednesday in April), when more than 9.5 million Canadians wear pink to stop bullying, homophobia and transphobia.

Jeremy Dias — who after coming out in high school in Sault St. Marie, Ont., was severely bullied — created the organization. When he was 17, he filed a legal case against the school and school board and at 21 he won the Canada's second-largest human rights settlement. He used that money to found Jer's Vision: Canada's Youth Diversity Initiative, the International Day of Pink and the Jeremy Dias Scholarship.

For more information on Jer's Vision, visit jersvision.org. METRO

Jeremy Dias.
CONTRIBUTED

> I never wear pink. It's not really my style. Or my colour. But every second Wednesday in April I do. Why? Jeremy Dias did the opposite of what so many people who are bullied and not accepted when they are young do — he ran toward the system that failed him, fought it, won and made change. He didn't run away. He continues to fight, make change, educate and inspire. So when he says wear pink, I say yes sir. TEGAN QUIN

Prioritizing people in politics

He's the youngest person ever elected to the Vancouver park board, and he's wasted no time making a difference in the LGBTQ community.

Park board commissioner Trevor Loke, 25, helped craft a policy to make Vancouver the "most inclusive city in the world."

It calls for universal washroom signs in community centres, placing lockers in the hallways so people don't have to use gender-segregated areas and updating staff training manuals.

In the long term, it will see more single-stall washrooms built so transgender people don't have to go through the sometimes harrowing experience of using a space that some members of the public feel they have no right to access.

Online

Find out what Tegan has to say about Trevor at metronews.ca

The policy and its 77 recommendations passed unanimously in spring 2014.

As an outspoken, young gay man, Loke has become the de facto park board spokesman for the transgender policy.

One of the main reasons he got involved in politics in the first place was to promote inclusivity, not just for the LGBTQ community but also for anyone who is excluded from the system.

Trevor Loke JENNIFER GAUTHIER/METRO

"I have a real passion about trying to improve access to recreational and address barriers for youth," he said. "My overarching goal is making sure everyone has access to enjoy what Vancouver has to offer."

And he's not stopping with this policy's success.

Loke is taking Trinity Western University to B.C. Supreme Court for making students, including law students, sign a "community covenant" asking them to respect the school's belief that sexual intimacy should only be between married men and women.

He also plans to run again for commission in the November 2014 civic election.

JENNIFER GAUTHIER/METRO

Waving the PFLAG for trans awareness

Not All Prisons Have Bars print campaign. CONTRIBUTED

A new campaign from PFLAG Canada (Parents, Families and Friends of Lesbians and Gays) is raising awareness that transgender people are not simply deciding to change gender, but trying to make how they feel inside match how they look outside. Launched in April, the print campaign features a man and a woman wearing masks of the opposite gender with the slogan: "Not All Prisons Have Bars. Support Trans Awareness." A video campaign has also been launched.

As part of its previous Sharing Out Stories campaign, PFLAG featured a mother, Jennifer, sharing the story of her transgender child. Visit metronews.ca to see this video. METRO

> PFLAG has a new campaign focused on trans awareness. Often people forget the "T" in "LGBTQ" — and not just in the mainstream, but in the LGBTQ community as well. We're glad to see PFLAG on the front lines of this next very important human rights fight. TEGAN QUIN

The EU slaps more sanctions on Russia

Malaysia Airlines.
Following the downing of a passenger jet, EU has sanctioned some of Russia's biggest banks

The European Union on Thursday revealed the details of its broad economic sanctions against Russia, including the names of five major banks that will see their access to the 28-nation bloc's capital market curtailed.

The banks, in which the Russian state holds a majority stake, include the country's largest lender, Sberbank. The others are Gazprombank, VEB, VTB bank and Rosselkhozbank, also known as the Russian Agricultural Bank.

The latest sanctions were announced Tuesday, but the names of the targeted firms and other details were only released Thursday. The package of punitive measures also includes an arms embargo and the prohibition to export some oil exploration technology used for deep-water drilling, Arctic oil exploration and production, or shale oil projects. Finally, the sanctions also forbid the export of so-called dual-use goods, which can be used for military and civilian purposes, whenever they are destined to Russia's military.

The EU is Russia's biggest trading partner.

The EU beefed up its sanctions against Russia over what it decries as Moscow's meddling in Ukraine after the downing of a Malaysia Airlines passenger jet earlier this month over eastern Ukraine, which killed all 298 people aboard. The U.S. and Ukraine say the jet was shot down by a missile fired from areas controlled by pro-Russian separatists. THE ASSOCIATED PRESS

A woman places apples in her bag at a market in Poland Thursday .
THE ASSOCIATED PRESS

#eatapples

Poles protest Russian ban

Poles are posting photos of themselves with apples along with mocking comments online to protest a Russian ban on Polish food.

Russia will begin banning imports of most fruit and vegetables from Poland on Friday for what it says are violations of health regulations and documentation procedures for some Polish produce. THE ASSOCIATED PRESS

Sugar, stevia mix is out

Sugar, crystalline fructose mix back in Vitaminwater

Coca-Cola is reversing course after fans of Vitaminwater complained about the drink's new sugar/stevia sweetener. The company promised the drink would go back to a mix of sugar and crystalline fructose after fans cried foul on Vitaminwater's Facebook page. THE ASSOCIATED PRESS

Market Minute

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TSX
15,330.74 (-194.08)

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YES WE CAM, NO ARETHA CAN'T

THE METRO LIST

Mike Benhaim
metronews.ca

1 Clipped. Donald Sterling bought the San Diego Clippers for $12.5 million in 1981 and moved them to L.A. Now, banned by the NBA for racist remarks, he lost the case to block the sale of his team on Monday. Oh, what a tough pill to swallow! But something tells me the $2-billion sale price will make it go down like 100 million single-malt scotches.

2 Autocracy. Twitter stock has stagnated this year as some investors believe it has outgrown itself and reached a plateau. For more news on this, check Twitter.

3 R-E-S-P-E-C-T. Aretha Franklin walks into a Johnny Rockets in Niagara Falls with her nephew. This is not a joke. She orders a burger to go and sits down. An employee then tells her the table is exclusively for patrons eating in. Franklin agrees to have it there but is rudely told that she can't because they already rang her up as a takeout customer. How great is it that this girl was dumb enough to pull resto-rank on the Queen of Soul? Unless, maybe she knew it was Aretha and thought this could make her famous or get her a reality show. Darn it, too bad nobody mentioned her name.

4 So-duh! New research from the University of Southern California shows that soft drinks can impair our ability to learn and remember information. So when the dentist asks you how your teeth fell apart, you can honestly shrug and say, "I don't remember."

5 Finish line. Bachelorette Andi Dorfman apparently wanted a test drive before committing to a long-term purchase. It seems that while Nick may have been quicker from 0 to 60, Josh was superior when it came to handling curves. As a result, Andi chose Josh and was outed by Nick for having messed with his gear box.

6 #BieberBrawl. Twitter was abuzz with news that Orlando Bloom tried to punch Justin Bieber at a restaurant in Ibiza. Amateur footage demonstrated the type of witty banter we've come to expect from the Biebs. "What's up, b—?" followed by a "What. What." It's at this point that Bloom allegedly attempts to get at Bieber, but I don't know. Maybe he thought he was choking or just wanted to see if he could shake a vocabulary out of him.

7 Air Force None. CBC news reported that when Alison Redford was Alberta premier she had staff book false seats on government planes and then remove them so she could have the plane to herself. It's not enough that she gets to fly in a plane that's entirely first class; she won't even share it with anyone. Nice.

8 Say what? One of the highest-trending hashtags on Twitter is #shareacokewithcam. So who is this Cam that merits such an endorsement? A singer? A movie star? Nope. Just another pubescent Bieber-esque teen whose Vine videos, which focus on his toned and hairless abs, have earned him 3 million followers. I beg of you — someone, anyone — kill me now.

OF MICE AND MEMBRANES

Scientists have discovered a way to make mice see-through for research purposes. ISTOCK

U.S. scientists create see-through mice to get detailed look at inner anatomy

Researchers have found a way to make mice see-through — not while they're alive, and for research only — to help scientists study fine details of anatomy.

Before they are treated with chemicals, the animals are euthanized and their skin is removed. Researchers make their inner organs transparent, but not their bones. The result looks like a rodent-shaped block of gelatin, with the organs held in place by connective tissue and a gel used in the procedure.

Scientists have been able to make tissues transparent to some degree for a century. Last year, a technique that produced see-through mouse brains made headlines. Such treatments reveal far more detail than X-rays or MRI exams could deliver. The new work is the first to make an entire transparent mouse.

Mice are mainstays of biomedical research because much of their basic biology is similar to ours and they can be altered in ways that simulate human diseases.

THE ASSOCIATED PRESS

Why do this?

A 3D visualization of rodent cells.
CALTECH/THE ASSOCIATED PRESS

- Researchers say they could map out the nervous system or the spread of cancer using the see-through mice.
- It might also help doctors analyze biopsy samples from people someday.

METRO AUGMENTED REALITY

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MetroTube

File under sketchy – in a good way

ANDREW FIFIELD
andrew.fifield@metronews.ca

Familiar as we all are with their city's wonderfully restless creative streak, New Yorkers can still surprise us with tiny flourishes of cultural vibrancy.

Which brings us to the Everyday Heroes file, where we find this subway sketch artist who swiftly doodles terrific portraits of fellow riders while they either eye him suspiciously or ignore him completely.

Speaking of portrait, we renew our call for pocket videographers to please hold your phones horizontally. For a happier future. (Swagswagswaghunna/YouTube)

SCREENGRAB

metro

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Space opera is a wild ride

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Guardians of the Galaxy is the most pure fun blockbuster since the first Iron Man, says Richard Crouse. CONTRIBUTED

Guardians of the Galaxy. Cross between Star Wars, Iron Man and Indiana Jones delivers action, wisecracks and a talking raccoon

Richard: Mark, summer blockbusters haven't been much fun this year. Sure, we've had giant robots, action galore and some edge-of-our-seat moments, but from the xenophobia of Dawn of the Planet of the Apes to the daddy issues and nuclear nightmares of Godzilla, the season's tent-pole movies have been a bit gloomy.

Guardians of the Galaxy is a tonic for the troops. An old-fashioned space opera, it's a wild ride and the most pure fun blockbuster since the first Iron Man movie.

Did you have as much fun at it as I did?

Mark: Richard, I generally don't care for space operas, but this one's a game-changer.

Its debt to Star Wars is enormous, with Chris Pratt as Luke Skywalker, Zoe Saldana in the Carrie Fisher role, and the raccoon and the tree as R2D2 and CP3O.

But then its originality takes flight — literally — and the movie becomes its own unique creation. Unlike Star Wars, it has a great sense of humour about itself, and if you don't fall in love with the talking raccoon with the Brooklyn accent, you're as villainous as the bad guys in the movie.

RC: Totally, it's filled with one-liners, sight gags and funny moments that play off the more standard blockbuster-style action and battle scenes.

Pratt has an offhand delivery that recalls Harrison Ford in Han Solo mode, Cooper does wisecracks like a skilled Catskills comic and (*almost a spoiler*) there's Baby Groot to up the cute factor.

They supply the light moments, but despite Cooper's presence, this isn't The Hangover in space; it's an all-out action movie with a blithe spirit.

The only bits that dragged for me were the set-up scenes. Did you find the exposition got in the way occasionally?

MB: I don't think you watch this movie for the plot anyways.

But the very first scene, a *waaaay* too serious deathbed scene between a boy and his mother, left me with a bad taste and it took me awhile to recover from it and enjoy the movie.

It isn't all that far from the old Flash Gordon serials, except that every piece of technology is beyond state-of-the-art and the makeup is wonderfully imaginative.

My biggest beef?

The bad guys have bad dialogue. And they deliver their lines in the standard three-octaves-lower register of villains in hackier flicks.

RC: By the time the end credits roll, however, none of our gripes matter much because the movie is so much fun.

MB: The movie is so much fun it actually enjoys itself.

Synopsis

Chris Pratt is Peter Quill, a cosmic adventurer. After stealing a mysterious metal orb containing an "infinity chip," he becomes the target of Ronan (Lee Pace), an intergalactic Genghis Khan with ambitions to destroy his enemies, the Xandarians. Quill forms an uneasy alliance with a genetically engineered raccoon and bounty hunter Rocket (Bradley Cooper), Groot (Vin Diesel), a plant-based humanoid, assassin Gamora (Zoe Saldana) and Drax the Destroyer (Dave Bautista).

- Richard: ●●●●○
- Mark: ●●●●○

AUGMENTED REALITY

→ Want to see some of the action behind the making of Guardians of the Galaxy? Scan this photo with your Metro News app for our photo gallery.

metro AR → See the full instructions on Metro's Voices page.

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Trends

Sharknado 2 takes big bite out of ratings

Syfy says its sequel to the horror spoof Sharknado snapped up 3.9 million viewers Wednesday night.

The film, officially titled Sharknado 2: The Second One, nearly tripled the 1.37 million viewers who saw last summer's premiere of the original Sharknado film.

Meanwhile, Nielsen estimates that 5.5 million people saw one or more of the 581,000 tweets posted during the airing.

At one point, the film held all top 10 trending topics in the United States.

By comparison, 318,000 tweets about the first Sharknado film were posted when it premiered last July.

In campy fashion, Sharknado 2 moved the action from Los Angeles to New York City, which was besieged by its own fearsome storm of rain and falling sharks.

Syfy said the film will air again Saturday and Sunday.

THE ASSOCIATED PRESS

Sharknado 2 snapped up 3.9 million viewers. CONTRIBUTED

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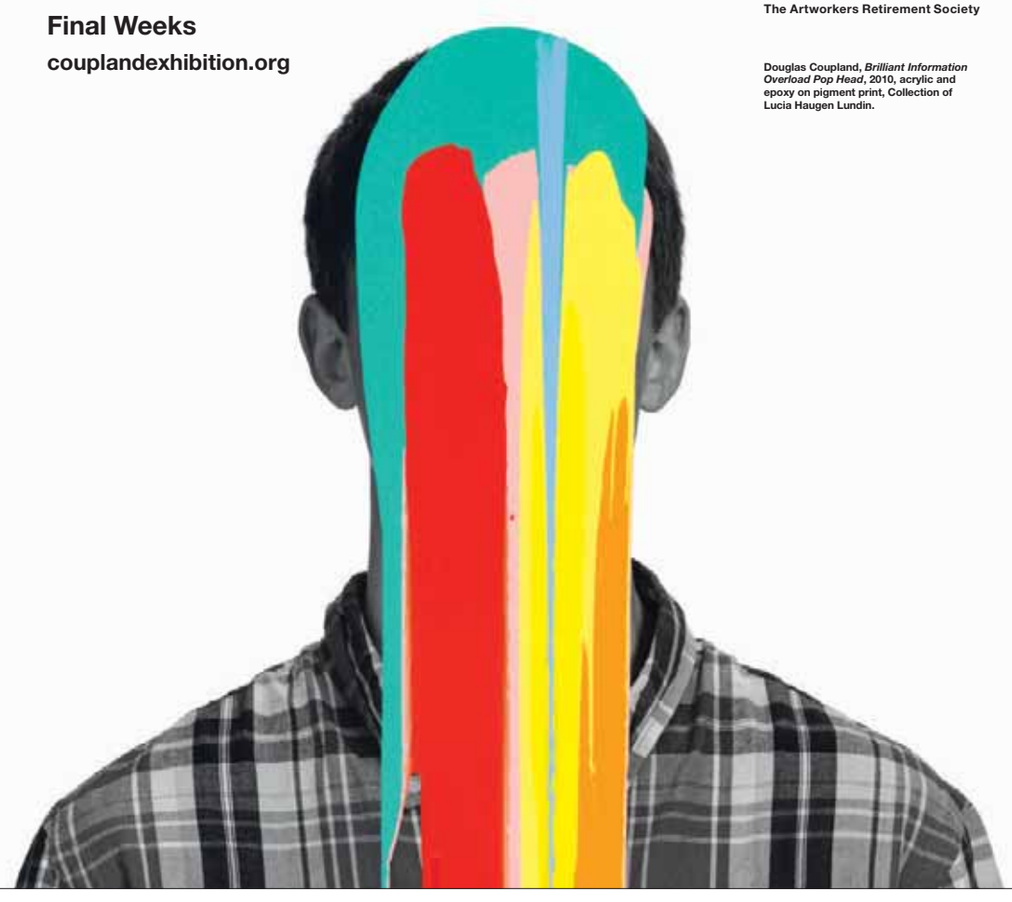
Douglas Coupland, *Brilliant Information Overload Pop Head*, 2010, acrylic and epoxy on pigment print, Collection of Lucia Haugen Lundin.



Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation :*

Drama/Comedy

Magic in the Moonlight

Director. Woody Allen

Stars. Eileen Atkins, Colin Firth

Chinese conjuror Wei Ling Soo is the most celebrated magician of his age, but few know that he is the stage persona of Stanley Crawford (Colin Firth), a grouchy and arrogant Englishman with a sky-high opinion of himself and an aversion to phony spiritualists' claims. Persuaded by his friend, Stanley goes on a mission to the Côte d'Azur mansion of the Catledge family.

Rotten Tomatoes™ score
Critics: 61% **Audience:** 61%

Drama, Sci-Fi/Fantasy

The Zero Theorem

Director. Terry Gilliam

Stars. Christoph Waltz, Tilda Swinton, Melanie Thierry

Terry Gilliam (Brazil, 12 Monkeys, Fear and Loathing in Las Vegas)'s madcap science fiction epic The Zero Theorem stars two-time Academy Award-winner Christoph Waltz as Qohen Leth, an eccentric and reclusive computer genius plagued with existential angst. Living in isolation in a burnt-out church, Qohen is obsessively working on a mysterious project.

Rotten Tomatoes™ score
Critics: 53% **Audience:** 89%

Drama

Get On Up

Director. Tate Taylor

Stars. Chadwick Boseman, Viola Davis

In his followup to the The Help, Tate Taylor directs 42's Chadwick Boseman as James Brown in Get on Up. Based on the incredible life story of the Godfather of Soul, the film will give a fearless look inside the music, moves and moods of Brown, taking audiences on the journey from his impoverished childhood to his evolution into one of the most influential figures of the 20th century.

Rotten Tomatoes™ score
Critics: 86% **Audience:** 90%

Documentary

Doc of the Dead

Director. Chad Herschberger, Alexandre O. Philippe

Stars. Charlie Adlard, Steven Barton

From the makers of The People vs. George Lucas, Doc of the Dead delves deep into the evolution of the zombie genre in Film, Television and Literature, as well as its impact and influence on pop culture. Featuring George Romero, Simon Pegg, Bruce Campbell, Max Brooks and many others.

Rotten Tomatoes™ score
Critics: No score yet **Audience:** 100%

Get On Up. Chadwick Boseman didn't Feel Good about role in biopic

A year after playing Jackie Robinson in 42, Chadwick Boseman was back in biopic spring training.

To become James Brown for the film Get on Up, Boseman needed to rely on an entirely different skill set. But the preparation necessary to transform into a tireless performer like Brown — "the hardest working man in show business," after all — was oddly reminiscent of working out on the baseball diamond. "I was like, 'This is déjà vu,'" says Boseman. "I'm waking up in the morning and lacing them up. Doesn't matter whether it's cleats or if it's leather shoes."

For the second time, Boseman has stepped into some very big ones. A largely unknown actor previously, the 32-year-old Boseman has emerged with back-to-back biopics of 20th century titans: one the revolutionary breaker of baseball's colour line, the other the Godfather of Soul. Both were unstoppable forces that blazed across civil rights-era America. One could steal home; the other could do the Mashed Potato.

Tackling one such historical figure is daring; two is audacious. It wasn't Boseman's idea.

"There's no way in the world," Boseman says was his initial reaction to playing Brown, still sounding genuinely resistant to the idea. Not only was playing such a complicated, iconic personality like Brown a fearsome challenge, it also could potentially typecast Boseman in a biopic bubble.

"I felt like if I keep doing this biopic thing, then all I'm going to get is biopics," says Boseman. "I was already getting all biopic scripts."

But director Tate Taylor (The Help) pressed. He brought Boseman in to read a scene in the movie of Brown at 63 and was immediately won over by the fresh-faced Boseman's ability to transform into the legend late in life. "I thought: This is the guy. Please let him be able to learn how to dance," said Taylor. THE ASSOCIATED PRESS

Chadwick Boseman had to channel James Brown through multiple personas and pompadours. CONTRIBUTED

James Brown's many faces

The film, which opens this weekend, skips across Brown's expansive life, from the Georgia poverty of his hard upbringing to his more cartoonish and violent later years (James died in 2006). Get on Up attempts to synthesize all of Brown's many dimensions: tyrannical band leader, musical visionary, funk preacher, domestic abuser.

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Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Take the heat out of summer entertaining

Layered Gazpacho. For the most part, you can keep your stove off for this cool recipe

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

Elevate a casual get-together or pool party into something special by preparing some spectacular snacks. This is a recipe I go to time and time again because it comes together relatively easily but goes a long way in making your guests feel special and welcome.

Cucumber Jelly

1. In bowl, sprinkle gelatin over water; let bloom 5 mins.

2. Cut 1/4 cup (60 ml) of the cucumber into small dice and the remaining cucumber into cubes. Set aside.

3. In a blender, purée the cubed cucumber until smooth. Strain. You'll need 1 cup (250 ml) of cucumber juice.

4. In microwave or small saucepan, heat gelatin with 1/4 cup (60 ml) of cucumber juice until completely dissolved. Add the remaining juice and the diced cucumber. Stir to combine. Season with salt and pepper.

5. Spoon the jelly into the bottom of six 1-cup (250 ml) serving glasses. Cover and refrigerate for 6 hours or overnight.

Gazpacho

1. In blender, purée all ingredients, except cream, salt and pepper, until smooth. Adjust seasoning. Refrigerate 1 hour.

This recipe makes six appetizers. COURTESY RICARDOCUISINE.COM

Ingredients

Cucumber Jelly
- 1 tsp (5 ml) powdered gelatin
- 1 tbsp (15 ml) water
- 1 1/2 English cucumbers

Gazpacho
- 1 1/2 cups (375 ml) tomato juice
- 1 cup (250 ml) cubed stale bread
- 1 red bell pepper, seeded and chopped
- 1 tomato, diced
- 1 onion, diced
- 1/2 English cucumber
- 2 tbsp (30 ml) red wine vinegar
- 2 tbsp (30 ml) olive oil
- 1 clove garlic, peeled
- 1/2 tsp (1 ml) celery salt
- Tabasco sauce, to taste
- 1/3 cup (75 ml) 35% cream
- Salt and pepper

Assembly

1. In a bowl, whip cream until stiff peaks form. To serve, pour gazpacho on cucumber jelly and top with whipped cream. Season with pepper and garnish with fresh herbs of your choice. Serve. **FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S UPCOMING ENGLISH EDITION LAUNCHING THIS SEPTEMBER!**

Liquid Assets

An arresting bottle of wine

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Guys, apparently we're letting the ladies make all the wine-buying decisions. I hadn't given this scenario much thought until I got an update on some new wines from Australia.

Named 19 Crimes, they're a growing collection of Down Under juice wrapped in black, matte-finish bottles with labels that feature the mug shots of some unsavoury looking characters who would be right at home on some 18th century post-office wall. The design is aimed squarely at the male consumer.

Though only time will tell if it works, the story behind the marketing has of cross-gender appeal. If you remember high school history, Australia was colonized by malcontents who — if convicted of one of 19 different infractions — were given a one-way ticket to the outback.

Dude on the front panel of the 19 Crimes 2012 Shiraz Durif ($16.95 - $19.98) doesn't look happy. Crammed with dark fruit flavours and balanced by noticeable oak, it's guilty of pairing well with barbecued meats. **PRICES REFLECT RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

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NOTABLE NOW
Julian Brass, Founder of notable.ca, Canada's online source for young professionals

Powell Street Festival

Aug. 1-3, Various locations

This weekend, stay local and check out the annual Powell Street Festival for three days of community-minded fun with a cultural twist. Celebrating Japanese-Canadian arts, heritage and culture, this festival has plenty to offer and is one of the longest running community events in Vancouver. The festival features arts, crafts, food vendors, entertainment, music and plenty more. For details visit: powellstreetfestival.com

Vancouver Pride

Aug. 3, Various venues

Back to celebrate the unique culture of the city's LGBT community, don't miss the Vancouver Pride Society this year. Weekend festivities include the Davie Street Block Party (Aug. 1 at 4 p.m., Davie St.), the Terry Wallace Memorial Breakfast (Aug. 2 at 8 a.m.–12 p.m., Bute Plaza), the Sunset Beach Festival (Aug. 3, 11 a.m.–6 p.m., Sunset Beach), and the 36th Annual Pride Parade (Aug. 3, 12–3 p.m., the West End). For complete listings and details visit: vancouverpride.com

Recently opened: Fashion Café

1 West Cordova St.

Spice things up this weekend and be sure to pop by the recently opened Fashion Café for a taste of Jamaica in Vancouver. This hot spot serves up spicy ginger sodas, chai teas and authentic soul food you can enjoy while shopping for clothing and art by local designers and artists. This amazing little charismatic kitchen is headed by long-time local celebrity food artist Lisa Brown of Kiss Yo Mamma. For details and menu visit: fashion-lounge.ca

Honda Celebration of Light

Aug. 2, English Bay

Don't miss this weekend's grand finale fireworks extravaganza with Japan closing out the show. Head down to join thousands of others along the shores of English Bay and get ready for a spectacular evening as the 24th annual international fireworks competition comes to a close. Score a VIP spot in the YVR Observation Deck or Keg Lounge. Find all the details here: hondacelebrationoflight.com

Odlum Brown VanOpen

Aug. 3, Hollyburn Country Club

Squeeze in some courtside action this weekend and head to West Vancouver's Hollyburn to catch some USTA Pro Circuit matches. Presented by Tennis Canada, this event attracts 140 players from 40 different countries with prize money at stake. Tickets start at $28 with hospitality packages available. Find details here: vanopen.com

Wanderlust Festival

Aug. 4, Whistler

Back for its second year in B.C., one of North America's largest festivals devoted to yoga, food, the outdoors and music is taking over Whistler for an extended weekend. Always a fantastic way to escape the city for a weekend, Wanderlust features guest teachers, speakeasy seminars, social events, an extensive schedule of classes and the perfect opportunity to master your downward dog. For details and to purchase single or multi-day passes, visit: wanderlust.com

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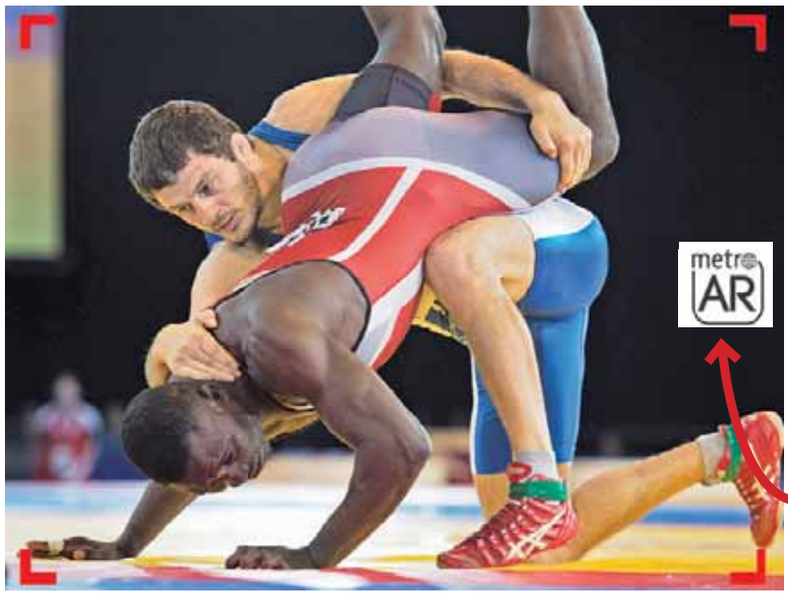

Tagziev dominant for the gold

Toronto's Tamerlan Tagziev, top, battles Nigeria's Andrew Dick at the Commonwealth Games in Glasgow, Scotland, on Thursday. Tagziev, a Russian-born freestyle wrestler who arrived in Canada five years ago, won his first international gold medal for his new country with a dominant victory in the men's 86-kilogram division final. Canada earned three other wrestling medals on Thursday. Danielle Lappage won gold in the women's 63-kilogram division, while Brittanee Laverdure and Jevon Balfour won silver medals. Scan the image with the Metro News app to see how other Canadian athletes fared on Thursday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Trades all around, but Jays stay put

Non-waiver deadline.
A's get Lester, Tigers take Price, Toronto gets exactly zilch

In the hours leading up to baseball's trade deadline, Toronto Blue Jays general manager Alex Anthopoulos heard small bits of news about moves around the American League but didn't have time to digest them.

"You're not really spending time to sit back and analyze what your competition's doing and things like that," Anthopoulos said. "You're so focused on what we're trying to get done."

While the landscape around them changed with trades both major and minor, the Blue Jays did nothing before Thursday's non-waiver deadline.

On deadline day, the Orioles added left-handed reliever Andrew Miller from the Boston Red Sox, who had their own fire sale by also sending Jon Lester to the Oakland Athletics, John Lackey to the St. Louis Cardinals and Stephen Drew to the Yankees. New York also got infielder Martin Prado from the Arizona Diamondbacks.

Ace left-hander David Price left the division as the Tampa Bay Rays sent him to the Detroit Tigers in a three-way deal that also included the Seattle Mariners. As part of the return, the Rays got centre-fielder Austin Jackson from Detroit.

Jose Bautista told reporters in Houston he had "mixed feelings" about the Blue Jays' inaction at the trade deadline.

"Of course it's a little disappointing that we somehow weren't able to get anything done, but everyone around us that's in contention — and even some teams that aren't in contention like the Red Sox — somehow figured it out," he said. THE CANADIAN PRESS

Six and counting

The Blue Jays extended their winning streak to six games on Thursday in the opening tilt of a four-game series against the Astros. Go to metronews.ca for the story.

Baseball

Canadians eye BC Place for Blue Jays exhibition game

Could the Toronto Blue Jays be coming to Vancouver and BC Place Stadium for an exhibition series?

Vancouver Canadians president Andy Dunn, speaking on Team 1040 radio on Thursday, said it's something the local club is looking at. The C's are the short-season Single-A affiliate of the Blue Jays.

The one major obstacle, however, at the recently renovated BC Place is the brand new video board, Dunn told the Vancouver sports radio station.

"We all know it. The first time I walked into BC Place, the first thing I said was 'This is a baseball stadium,'" said Dunn.

"You look where the press box is in the building, how the seating layout looks, you can see baseball in there.

"When they did the renovations and they put in the video board, and the question is how high they can get that thing cranked up — if it all — and how much that thing would come into play in the course of the game.

"We're going to be sending some guys down there in the coming weeks. We're actually going to go hit in the place and just find out how big a factor that video board comes into play. And if it doesn't come into play, hopefully that's something we'll definitely be working on and bringing some exhibition games to BC Place."

BC Place has played host to MLB exhibition games in the past.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You're feeling more positive about life and that makes you more willing to get out into the world and rub shoulders with people who can be of benefit.

♉ Taurus
April 21 - May 21
If someone you don't get along with makes an effort to be nice to you today, make an effort to be nice in return. Just because you have different values does not mean you can't get along.

♊ Gemini
May 22 - June 21
With the Sun, Jupiter and now Mercury, your ruler, moving through one of the positive areas of your chart you'll find it easy to hit targets that before you thought were too high.

♋ Cancer
June 22 - July 23
There are some days when, no matter how hard the task you have to take care of, everything comes easy to you, and this is one of them.

♌ Leo
July 24 - Aug. 23
If you limit yourself to tried and tested ways over the next two or three days you will not only make unnecessary work for yourself but you could miss out on something good. Be open.

♍ Virgo
Aug. 24 - Sept. 23
Nothing bad will happen today as long as you think logically. That will help you make sense of what, to emotional types, makes no sense at all.

♎ Libra
Sept. 24 - Oct. 23
If you force others to follow your lead today, they will refuse. If, however, you use your charm to win them over you will find it easy to maneuver them in the direction you want them to go.

♏ Scorpio
Oct. 24 - Nov. 22
What is your number one ambition in life? Are you close to making it come true? If not, don't worry because the planets promise there is plenty of time.

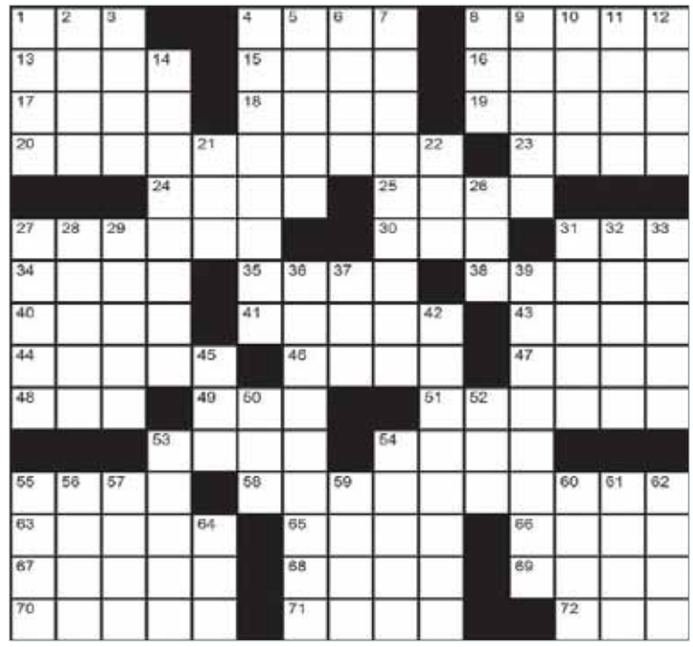
♐ Sagittarius
Nov. 23 - Dec. 21
The upsets of the past few months are beginning to fade and all you should care about today and over the weekend is having as much fun as possible.

♑ Capricorn
Dec. 22 - Jan. 20
You have an obsession with perfection but you need to remember that not everyone shares it. If you take it too far today, you might tempt certain people to be obstructive.

♒ Aquarius
Jan. 21 - Feb. 19
This is an excellent time for travel and social activities, and maybe affairs of the heart as well. You will be chatty and charming today and will make a good impression on someone.

♓ Pisces
Feb. 20 - March 20
If you're planning a surprise for a loved one be careful who you confide in because this is one of those days when information could easily slip out.

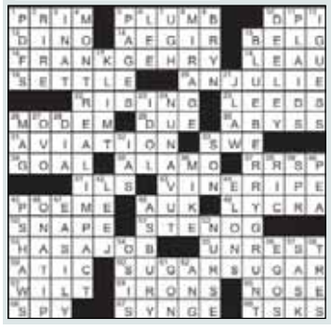
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Tee 'n' club org.
4. Scott of "Hawaii Five-0"
8. __ Sound, ON
13. Sounded the bell
15. 'Eight'-meaning prefix
16. Surfer's correspondence
17. __-de-boeuf (Small window)
18. Famous literature trilogy [acronym]
19. Actress Olivia
20. Music legend portrayed by Chadwick Boseman in new movie "Get on Up" (2014): 2 wds.
23. Sports __
24. Barge __ __ (Intrude)
25. Web auction site
27. Calgary-based energy company
30. Opening
31. Butterfingers
34. Beehive State
35. Not yet final, at law
38. Ballroom dance
40. Tear apart
41. Wear away: 2 wds.
43. Podium
44. Valley varieties
46. "99 Luftballons" by __
47. Wines: French
48. Snake-like splasher
49. __ Bran (Quaker cereal)
51. CBC's "__ Stroumboulopoulos Tonight"
53. Rich
54. Painter Mr. Chagall
55. Shrek, for example
58. Comparative info for travellers provided by Trivago.ca: 2 wds.
63. Sophisticated
65. Venus de __ (Ancient statue)
66. Recount
67. Record __
68. __. donor
69. Comfort
70. Spherical
71. Belted out
72. Be in need of a thimble

Down
1. Heidi Klums 'Runway', e.g.
2. Greek Myth: Earth goddess [var. sp.]
3. Cartooning, for short
4. Ontario city on Lake Erie, Port __
5. Squirrel's prize
6. Prefix that means 'Quintillionth'
7. "__ Wood (This Bird Has Flown)" by The Beatles
8. Religious bench
9. "Jaws" (1975) setting, __ Island
10. Stethoscope sound
11. Rapper, Flo __
12. Cosmology's original matter
14. Alberta hamlet just southeast of Calgary
21. __-Caps (Brand of candy)
22. Toronto Raptors org.
26. Pertinent
27. Computers: __ protector
28. Serviceable
29. __ orange
31. Studio sign: 2 wds.
32. Anti-__ cream
33. Choreographer, Bob __ (b.1927 - d.1987)
36. "Painted Ladies" Hamilton-born singer/songwriter: 2 wds.
37. __-Julie, Quebec
39. What 1995 to 2005 series "JAG" stands for, Judge __ General
42. Go on the journey too: 2 wds.
45. Old French coin
50. Fireplace stuff
52. Be off
53. Flood embankment
54. Honeydew __
55. __, Norway
56. Thickening gum
57. Canadian actor David James Elliott's role on #39-Down, Cmdr. Harmon 'Harm' __, Jr.
59. Ms. Turner
60. Second Cup servings
61. Other
62. Batch
64. Past time

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9					2	7	1	
	3			6		5	9	
2			7					3
				2			3	8
		8				6		
6	1			3				
5					6			1
	9	6		5			4	
	8	2	4					5

Yesterday's Sudoku

2	3	4	9	8	6	5	7	1
7	9	8	5	1	3	2	6	4
6	1	5	4	2	7	3	8	9
3	8	9	6	4	1	7	5	2
5	6	1	8	7	2	9	4	3
4	7	2	3	9	5	8	1	6
8	2	6	7	3	4	1	9	5
1	5	7	2	6	9	4	3	8
9	4	3	1	5	8	6	2	7

TODAY'S HOROSCOPE:
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ORYSIA F.
Sales Operation Specialist
Ford of Canada

EMPLOYEE PRICING†
IT'S BACK

YOU PAY WHAT WE PAY

WORLD'S BEST-SELLING CAR NAMEPLATE‡‡

ST MODEL SHOWN

2014 FOCUS S SEDAN

Employee Price Adjustment	$620
Delivery Allowance	$2,700
TOTAL PRICE ADJUSTMENTS	$3,320**
SHARE OUR EMPLOYEE PRICE	$14,344*

Offer includes $1,665 freight and air tax.

FEATURES:
- Air Conditioning
- Independent Rear Suspension
- Active Grille Shutters

WITH UP TO $3,320 IN PRICE ADJUSTMENTS**
(2014 Focus S Sedan amount shown)

2014 FIESTA S SEDAN

Employee Price Adjustment	$530
Delivery Allowance	$2,700
TOTAL PRICE ADJUSTMENTS	$3,230**
SHARE OUR EMPLOYEE PRICE	$12,834*

Offer includes $1,565 freight.

FEATURES:
- 6-Speaker Audio
- Hill Start Assist
- Torque Vectoring Control

CANADA'S BEST-SELLING COMPACT SUV◆

2014 ESCAPE S FWD 2.5L

Employee Price Adjustment	$1,255
Delivery Allowance	$500
TOTAL PRICE ADJUSTMENTS	$1,755**
SHARE OUR EMPLOYEE PRICE	$24,494*

Offer includes $1,750 freight and air tax.

FEATURES:
- AdvanceTrac® with Roll Stability Control†††
- 6-Speed Select Shift® Transmission
- Integrated Blind Spot Mirrors

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Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). †Ford Employee Pricing ("Employee Pricing") is available from July 1, 2014 to September 30, 2014 (the "Program Period"), on the purchase or lease of most new 2014/2015 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-650/F-750, Mustang Shelby GT500, 50th Anniversary Edition Mustang and all Lincoln models). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Unifor/CAW negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and AXVZ/D/F-Plan programs. ‡Until September 30, 2014 purchase a new 2014 Fiesta S 4-Door Manual/Focus S 4-Door Manual/Escape S FWD with 2.5L engine/Focus ST for $12,834/$14,344/$24,494/$28,434 after total Ford Employee Price adjustment of $3,230/$3,320/$1,755/$3,320 is deducted. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of $530/$620/$1,255/$2,480 and delivery allowance of $2,700/$2,700/$500/$750. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. Offers include freight and air tax of $1,565/$1,665/$1,750/$1,665 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Until September 30, 2014, receive ($3,585/$4,630/$3,505/$5,255)/($2,510/$4,516)/($1,755/$3,977)/($7,747/$9,895)/($1,640/$4,275)/($735/$14,393/$14,911)/($10,141/$13,458)/($10,407/$13,781)/($1,280/$1,809/$2,175)/($3,675/$5,814)/($1,370/$3,457)/($1,870/$4,344)/($2,680/$8,637)/($1,595/$6,188)/($2,085/$2,645) in total Ford Employee Price adjustments with the purchase or lease of a new 2014 C-Max Hybrid SE/Energi SE/Energi SEL)/E-Series (E-150 Commercial Cargo Van/ E-350 Super Duty XLT Extended Wagon)/ Edge (SE FWD/ Sport AWD)/ Escape (S FWD/ Titanium 4x4)/ Expedition (SSV 4x4/ Max Limited 4x4)/ Explorer (Base 4x4/ Sport 4x4)/ F-150 (Regular Cab XL 4x2 6.5' box 126" WB/ Super Crew Platinum 4x4 5.0L 5.5' box 145" WB/ Super Crew Limited 4x4 6.5' box 157" WB)/ F-250 (XL 4x2 SD Regular Cab 8' box 137" WB/ Lariat 4x4 SD Crew Cab 8' box 172" WB/ F-350 (XL 4x2 SD Regular Cab 8' box 137" WB/ Lariat 4x4 SD Crew Cab 8' box 172" WB DRW)/ Fiesta (S Auto/SE/Titanium)/ Flex (SE FWD/ Limited AWD)/ Focus (S auto Sedan/ Electric Base)/ Fusion (S FWD Sedan/ Energi Titanium)/ Mustang (V6 2 door coupe/ GT 2 door convertible)/ Taurus (SE FWD/ SHO AWD)/ Transit Connect (XL Cargo Van/ Titanium Wagon). Total Ford Employee Price adjustments are a combination of Employee Price adjustment of ($2,085/ $3,130)/ ($3,505/ $5,255)/ ($1,760/ $3,766)/ ($1,255/ $2,917)/ ($4,747/ $6,895)/ ($1,640/$4,275)/ ($7,551/ $7,643/$8,161)/ ($3,681/$7,269)/($4,157/ $7,531)/ ($5,530/ $1,659/ $1,425)/ ($1,675/ $3,814)/ ($620/ $2,395)/ ($1,120/ $3,594)/ ($1,180/ $4,387)/ ($1,595/ $4,186)/ ($1,945/ $2,645)/ ($530/ $1,051)/ ($1,675/ $3,814)and delivery allowance of ($1,500)/ ($0)/ ($750)/ ($500)/$0)/ ($0/ $0/ $750/ $0/ ($6,250)/ ($6,250)/ ($5,000)/ ($750)/ ($2,000)/ ($750/$3,500)/ ($750)/ ($1,500/ $4,250)/ ($0/ $2,000)/ ($0) – all chassis cab, stripped chassis, cutaway body F-150 Raptor, Medium Truck, Mustang Boss 302 and Shelby GT500 excluded. Employee Price adjustments are not combinable with CPA, GPC, CFIP, Daily Rental Allowance and AXVZ/D/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives. ***Offer only valid from August 1, 2014 to September 2, 2014 (the "Program Period") to Canadian resident customers who currently (during the Program Period) own or are leasing certain Ford car, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV) or Minivan (collectively, "Qualifying Conquest Models"), or have owned or leased any Qualifying Conquest Model in the previous 3 months and who purchase or lease a new qualifying 2014 Ford car, CUV or SUV (excluding Fiesta S 4-Door Manual, Focus S 4-Door Manual, Escape S FWD with 2.5L engine, Focus ST, Taurus SHO AWD, Transit Connect, Mustang Shelby GT500, Shelby GT350, some eligibility restrictions apply) from participating Ford dealer during the Program Period. Limit one (1) incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model (in Canada) for the previous 3 months and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before incentive is deducted. ‡‡‡Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate which excludes rebadged vehicles, platform derivatives or other vehicle nameplate versions. ◆Based on 2007 - 2013 R.L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. †††Remember that even advanced technology cannot overcome the laws of physics. It's always possible to lose control of a vehicle due to inappropriate driver input for the conditions. ©2014 Sirius Canada Inc. 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